streng -up: at a for 10	counts and do	t, aerobic a of the wor not bounc	etivities, and kout do at least e. Be sure to de	a cool down. st three warm- do work for th	up exercises. I	Move easily a and legs.	nt first and g	radually get faste
ic activ	velopment: Do vity: begin with do three of you	h 2 to 5 mi	nutes of your	activity and g	radually increa	ase the time t	o 25-30 min	to 20. nutes.
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 1 Warm ups Strength Aerobic Cool down		LA CONTRACTOR	A CONTRACTOR				energ yestila
	Week 2 Warm ups Strength Aerobic Cool down			and today	ang, Senara, Dael	ruj sjort oni	ila v senig yes	Ording Summo on
	Week 3 Warm ups Strength Aerobic Cool dowr		e realisie/e/miA	gud s	da Mass	usi est gnide)	rist	

Teacher

This is a 3 week assignment to help you get in shape for your fitness tests.

Participate at least three times a week for the next 3 weeks.

Student Name_

Try to do the following:

FITNESSGRAM Get Fit Exercises

Warm-up activities



Side bend



Trunk twist



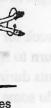
Knee lift



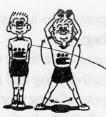
Calf stretch



Arm circles







Jumping jacks



Brisk walking

Strength development activities



Crunch





Sit-ups



Back arch





Single leg lift





Arm curls



Military press

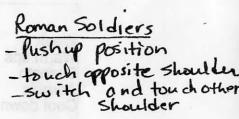


was pushups





Push-ups



Bent knee pushups

Aerobic activities: Jogging, Cycling, Swimming, Brisk walking, Rope jumping, Soccer, Basketball Any Activity with Heart Este 180-180.

Cool-down activities



Calf stretch



Thigh stretch



Sitting toe touch



Knee hug



Arm/shoulder stretch



Arm/side stretch

From FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Fourth Edition by The Cooper Institute, 2005, Champaign, IL: Human Kinetics.